

2023 Parent Cafés

Hosted by: Birth to Five

Parent Cafés are a supportive place to share the joys and challenges of caregiving, learn about protective factors to keep your family strong, enjoy a complimentary meal, and win some prizes!

Prizes include:

- \$25 Aldi gift card and 2 gift baskets awarded by drawing at each café
- Attendees that bring a first-time guest will receive a \$5 McDonald's gift card

January 4 at 12 - 1:30 p.m. • Take Time to Chill

Protective Factors of focus: Relationships, Knowledge

March 1 at 6 - 7:30 p.m. • It's Mine! (Sibling relationships)

Protective Factors of focus: Concrete Support, Relationships

May 3 at 12 - 1:30 p.m. • Yuk, I don't like that! (Healthy eating)

Protective Factors of focus: Knowledge, Resilience

**July 5 at 6 - 7:30 p.m. • Feelings, Fears, Anxiety, Oh My!
(Common childhood fears, separation, anxiety)**

Protective Factors of focus: Knowledge, Communication

**September 6 at 12 - 1:30 p.m. • Tackling the Tough Questions
(Tackle sensitive questions-death and divorce)**

Protective Factors of focus: Resilience, Communication

**November 1 at 6 - 7:30 p.m. • You're Not Listening to Me
(Communicating with your partner)**

Protective Factors of focus: Communication, Relationships

Safety Village

700 NW 13th St, Richmond, IN 47374
(SE corner of Richmond State
Hospital grounds)

How to register:

Email: lindair@mybirthtofive.org

Phone: (765) 966-6080

Eventbrite: [mybirthtofive.org](https://www.eventbrite.com/organization/mybirthtofive)

